



Wishing Tree Studio
ROOTED IN COMMUNITY

When you Hurt...

My shoulder hurts. Should I practice? It's a common question and the short answer is... it depends. First, you should consult your doctor or physical therapist for guidance. Next, get curious about your particular pain in your unique body. Pain is a complicated thing!

Here is a nice article that outlines seven pathways for getting out of pain, including: rest, strength training, mobility, coordination work, mind-body practices, improving general health and manual therapy. Have a look:

<https://www.bettermovement.org/blog/2020/seven-strategies-for-getting-out-of-pain>

And here's a fun video by clinical pain scientist, Lorimer Moseley on the neurobiology of pain. <https://www.youtube.com/watch?v=gwd-wLdIHjs>

And another on persistent pain: <https://www.tamethebeast.org>

Consistent Practice

by Brittany Waltz

We have all been told that yoga is great, and that it can make a lasting impact on our lives. So you hop on the bandwagon, purchase a class pass from your favorite local studio, and attend a class. A few weeks go by, you take another class, but the postures still feel weird and you struggle to keep your breath steady. What gives?! Where are the benefits everyone raves about? Much like any practice we take on, it takes a little bit of consistency before the benefits show up in our lives. Below are just a handful of benefits that can develop over time with a consistent practice.

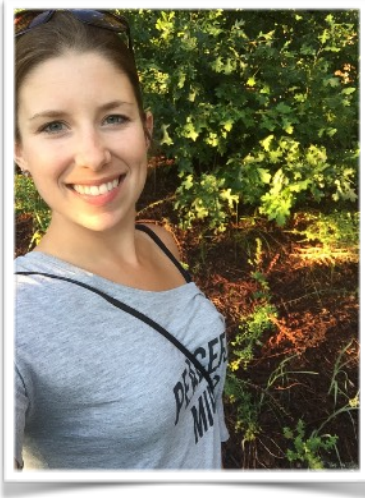
Breath Awareness: During a yoga practice, there's a lot of focus on the breath. Full, deep inhales and long, complete exhales. You might have heard your teacher remind you to breathe during a difficult asana/pose. Tapping into our breath helps us to get out of our "survival" brains, and into our "rest and digest" brains. Ever find yourself holding your breath in a stressful situation? A challenging asana or sequence mimics this reaction on the mat, giving us an opportunity to be aware of how difficult situations can impact our breathing. After awhile practicing this awareness on your mat, you might start to notice your breath during a stressful situation off your mat.

Mood Booster: Have you seen the post-yoga unicorn meme? If not, do a quick Google for a little laugh. The radiant, rainbow colored unicorn exemplifies how most people feel after a class. This is because yoga has a direct impact on our brain chemistry.

(cont. on page 2)



Instructor Profile: Ali



We all enjoy Ali's warm, genuine style of teaching and concern for her students. Ali believes that daily practice - on and off the mat - allows you to tap into and build awareness of your authentic self.

Favorite Pose: Forward Fold - so much can happen in this pose, not just getting fingers to the floor. Explorations include: sit bones to the sky, even weight on feet, bend into the knees, lower torso resting on top of thighs, Root, Rise...so much more. Forward Fold can be so dynamic, if you want it to be.

Currently Reading: *Yamas and Niyamas* by Deborah Adele - Yama and Niyama are two jewels of the 8 limb path and each jewel has such great depth...a lifetime of practice.

When not teaching, you can find me: Doing the dishes, laundry, taking a bath, therapeutic yoga training, designing yoga classes and guiding 1:1 sessions.

Favorite Vacation: Usually involves a beach and a warm breeze. :-)

What I love about teaching at WTS: I love the feeling in the space as it fills with the smiling, dedicated yogis who choose to walk into a little oasis on the middle of Main Street.

Ali teaches Flow Sundays at 11:30 am and Warm Yoga Thursdays at 5:45 pm. Ali is also available for private and small group sessions on Sundays by appointment. Let Ali meet you right where you are in your practice. "This time is for you to arrive, realign the layers of yourself, and leave feeling more embodied and confident in your movement. We will work together to find techniques that for your body and develop your personal practice."

Consistent Practice (continued from page 1) Recent studies have shown a regular yoga practice helps the brain release a chemical called GABA, which plays a role in reducing neural activity, bringing a sense of calm and decreased anxiety for hours following a practice.

Monitor Progress: Skill and technique take time to develop and integrate into our bodies. By showing up on your mat one, two or three times a week, you can start to notice certain postures become more familiar in your body, you notice your breath stays smooth and steady throughout class, and you can balance for a little longer in Ardha Chandrasana (Half Moon Pose). Personally, I think this is the fun part of the practice. To witness the impacts of dedication to the practice; those little "aha!" moments or the internal pat on the back. It feels good to feel yourself get stronger, more mindful, and it keeps you inspired to keep returning to your mat.

Schedule Changes

Kids and Parents Yoga with Miranda last class February 11! 4:00-4:45 pm. Stories, games, asana mindfulness and dancing for all!

Join Katie Tuesdays at 5:45 pm for Intermediate Yoga. Build heat with dynamic movement and further integration of strength, flexibility and breath. Explore arm balances, inversions and other advanced asanas by learning them step-by-step. Intended for those with a consistent yoga practice.

We're leaving daytime warm yoga behind for now. Instead, join **Brittany Wednesdays at 8:30 am for Yin.** Less sweat, more stretch!

And, of course, **Gentle Yoga** with Debra continues **Fridays at 10:00 am.**

Updated class schedule on page 5.

"The more you are motivated by Love, the more Fearless & Free your action will be."
- Dalai Lama

Valentine's Candlelit Couple's Yoga

Feel the love! Join Joan and her husband Gary for an afternoon of heart-centering, gentle movement, laughter, relaxation, wine and chocolate. No prior yoga experience necessary!

\$30 per person; **registration deadline February 14.** More information and registration.



Ayurvedic Winter Wellness Workshop

In this 3 hour workshop, Miranda will teach you how to fight the dry, cold, and flu season with Ayurvedic medicine. You will learn and make elderberry cough syrup, learn about using food as medicine and get recipes, make Ayurvedic tea to get rid of toxins, learn how to do Abhyanga (self massage) to get rid of toxins and fight dryness, and make a homemade chest rub for congestion to bring home with you. A light Ayurvedic lunch will be provided.

Cost \$80. More information and registration.



February is for

Friends

BFF = Bring a Friend for Free. Throughout the month of February, all pass holders and unlimited class members are invited to bring a friend to class for FREE.

We all win - we get to meet a new yogi, your guest gets a free class, and you get to practice next to your YBF (Yoga Best Friend).

AND if your guest purchases classes or a membership, you get a \$5.00 gift certificate.

Now, that's a win-win-win!

WINTER
SALE!
ALL T-
SHIRTS
30% OFF!

Puppy Yoga!

You're invited to one hour of joy! Our popular Puppy Yoga class is scheduled for **Sunday, March 22, 2020 from 9:30-10:15 am** followed by 15 minutes of photo op time with the pups. Yogis of all skill and fitness levels are welcome. The class costs \$25 for human participants and is FREE for puppy participants. Class is held at The Puppy Den in Fitchburg. Registration is required.

For more information and a link to registration, visit our special events page on the [Wishing Tree website](#).



Enjoy yoga with your new YBF (Yoga Best Friend) at the Puppy Den.

Oregon Area Wellness Expo Rescheduled

Saturday, April 25 9:00 am - 12:00 pm in the Oregon High School Commons. Come join the Oregon Area Wellness Coalition in a morning of learning about wellness in the Oregon area. Vendors will be on hand to show you what they have to offer in regards to wellness. Watch our [webpage](#) and [Facebook](#) page for more information about the event!

Wishing Tree Studio Class Schedule

beginning Feb 2, 2020

	SUN	MON	TUES	WED	THURS	FRI	SAT
5:45 am		FLOW* Avery	FLOW* Avery				
7:15 am							MEDITATION Kelly
8:15 am							FLOW Kelly
8:30 am		FLOW Susan	CORE & BALANCE Debra	YIN Brittany	CORE & BALANCE Debra	YIN Kelly	
9:00 am	GENTLE** Lisa J						
9:30 am							GENTLE Brittany
10:00 am		YOGA FUSION Jo	GENTLE** Debra	GENTLE Brittany	MINDFUL** Debra	GENTLE Debra	
11:15 am		GOOD KARMA MINDFUL*** Jo				OPEN MAT	
11:30 am	FLOW Ali			OPEN MAT			
11:45 am			LUNCHTIME FLOW* Aleta				
3:00 pm		OPEN MAT					
4:00 pm			KIDS & PARENT* Miranda (1/7-2/11)				
4:30 pm				FLOW Avery			
4:45 pm		YOGA BASICS Kelly				YIN Kelly	
5:45 pm			INTERMEDIATE Katie	GENTLE Lisa	GOOD KARMA FLOW*** Jo		
6:00 pm	FLOW Nichole				WARM Ali		
6:45 pm		RESTORE Miranda					
7:00 pm			YANG/YIN Katie	YANG/YIN Lisa Z			
7:15 pm	RESTORE Nichole				FLOW Aleta		

* 45 Minute class; ** 75 Minute Class; *** Good Karma (GK) Class by donation (\$3 - \$5 suggested), Thursday Good Karma Class is held at People's United Methodist Church 103 N. Alpine Parkway